

Food Bytes

Kids Eat Right

Did you know that August is *Kids Eat Right Month*? *Kids Eat Right Month* encourages kids and their families to eat healthy and be active. You can shop smart, cook healthy and eat right together with your family.

Shop Smart—You can help with planning menus and shopping for food.

Cook Healthy—Be a chef! You can help prepare healthy meals and snacks.

Eat Right—Sit down with your family to enjoy a tasty, healthy meal.

Get Moving—Be active every day for at least 60 minutes to build strong bones and muscles, promote a healthy weight, support learning and build self-esteem.


Build Healthy Habits—Be active every day. Fill half your plate with fruits and veggies, make half your grains whole grains, choose water over sugary drinks, opt for low fat or fat free milk, and pick options lower in sodium, fat and sugar.

Kids Eat Right, from the Academy of Nutrition and Dietetics, offers recipes, tips and videos to help kids and their families eat healthy and be active.

Nutrilink: Visit www.kidseatright.org.

Menus for August 2015

[Insert name of Local Education Agency] Schools

Monday, August 3	Tuesday, August 4	Wednesday, August 5	Thursday, August 6	Friday, August 7
Monday, August 10	Tuesday, August 11	Wednesday, August 12	Thursday, August 13	Friday, August 14
Monday, August 17	Tuesday, August 18	Wednesday, August 19	Thursday, August 20	Friday, August 21
Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28
Monday, August 31				
				 <p>Academy of Nutrition and Dietetics Academy of Nutrition and Dietetics Foundation kidseatright.org</p>

August

- Family Meals Month
- Kids Eat Right Month
- National Farmers Market Week (August 2-8)
- National Watermelon Day (August 3)



Developed by School Nutrition Services, N.C. Department of Public Instruction.
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<http://childnutrition.ncpublicschools.gov>

Source: www.kidseatright.org